



Protection through Prevention

UPDATE

AN NMCPHC PUBLICATION OCT-DEC 2012

Navy and Marine Corps Public Health Center Launches Campaign to Promote Health and Wellness

NMCPHC PUBLIC AFFAIRS

NORFOLK, Va. – The Navy and Marine Corps Public Health Center (NMCPHC) unveiled its campaign to inform Sailors, Marines and other beneficiaries of the health promotion and prevention services to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles, on-board the USS BATAAN (LHD 5), Oct. 3.

“We want Sailors and Marines to feel empowered and informed to make healthy choices to improve the overall readiness of our force and their families,” said Rear Admiral Michael Mittleman, Deputy Surgeon General of the Navy, and Deputy Chief of the Navy Bureau of Medicine and Surgery (BUMED).

Within the Navy, the campaign complements the 21st Century Sailor

and Marine Initiative, which provides a set of objectives and policies across a spectrum of wellness that maximizes each Sailor’s and Marine’s personal readiness to hone the most combat effective force in the history of the Department of the Navy (DoN).

tance,” said Hon. Juan M. Garcia, Assistant Secretary of the Navy, Manpower and Reserve Affairs. “We can’t afford time away for sickness and injury.”

And DoD-wide, the campaign supports Operation Live Well and Total Force Fitness, a framework for understanding, assessing,



USS BATAAN.— Dr. Warren Lockette, Deputy Assistant Secretary of Defense for Clinical and Program Policy and Chief Medical Officer of the MHS addresses guests and attendees onboard USS Bataan (LHD 5), Oct. 3 as part of NMCPHC’s Health Promotion and Wellness launch event. Photo by USS BATAAN Public Affairs..

“Health promotion is a mission of strategic impor-

and maintaining Service members’ well-being and

HOT TOPICS IN PUBLIC HEALTH...

“click” on the links Below:

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... From the CO's Desk



CAPT. MICHAEL J. MACINSKI
COMMANDING OFFICER
NMCPHC

***"Our success only
comes by having the
best active duty,
civilian and
contractor staff in
the Navy..."***

Hello and welcome to our Oct-Dec NMCPHC newsletter! What an exciting and busy quarter it has been. As we prepare to exit 2012 and enter 2013, I hope all have a great holiday season and begin the New Year with health and success. NMCPHC has worked diligently to align our products and services to support the Navy Surgeon Generals priority goals of Value, Jointness and Readiness. I think all these success stories fit perfectly in supporting these goals.

These success stories over the last few months began with our Health Promotion and Wellness Campaign that was launched in October onboard USS Bataan (LHD 5). This program directly supports the National Prevention Strategy and compliments DoN's 21st Century Sailor and DoD's Operation Live Well.

Our Epi Data Center recently released its latest and updated version of the eDHA, an improvement that ultimately enhances mission readiness by providing valuable health data on deployed forces world-wide!

NMCPHC also started using webinars as a means of providing invaluable health promotion and wellness information to customers DoD-wide. We have to look at new and cost effective methods of delivering training and support, and webinars and video online interactive discussions are a great vehicle to accomplish this.

Our NEPMU's continue to have successful training evolutions mak-

ing sure our Forward Deployed Preventive Medicine Units (FDPMU) are ready for any mission. All are working together to make our teams even more agile and responsive to the emerging missions we see on the horizon. Supporting the Sailor and Marine missions, the FDPMU platforms are ready anytime, anywhere.

Every Directorate, Field activity, Drug Lab and NECE have been supporting not only Navy and Marine assets, but often Army and Air Force public health issues and concerns. From Guantanamo Bay, to Naples, Europe, Africa and the Asian-Pacific areas our NMCPHC family is making a difference.

Our success only comes by having the best active duty, civilian and contractor staff in the Navy! Congratulations to our NMCPHC Sailor of the Year (HM1 Sazon) and HMC Lindsay for selection to an MSC Commissioning Program.

With the New Year, comes new challenges. The Navy and Marine Corps Public Health Center is *(Continued on page 9)*

Navy & Marine Corps Public Health Center
Public Health Update

Capt. Michael J. Macinski
Commanding Officer

Capt. Robert W. Farr
Executive Officer

Robert Searles
Command Master Chief

Hugh J. Cox
Public Affairs Officer

OCT - DEC 2012

CMC Corner

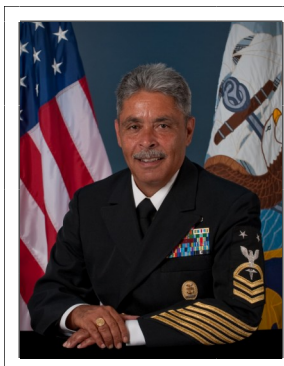
Greetings NMCPHC, I hope all is well. We had a very busy and eventful autumn. Winter is now bearing down on us, but can't seem to make up its mind. Really cold one day then trending warmer. What a year! So many initiatives - so many successes. We continue to move forward with our strategic plan, establishing ourselves as the "go-to" agency for Population Health, Preventive Medicine, Industrial Hygiene and Occupational Health - essentially - "all things" Public Health.

The 2012 NMCPHC Thanksgiving dinner was scrumptious and Mr. Marshall the comptroller for BUMED graced us with his presence. It looked as if he truly enjoyed the bounty that NMCPHC staff provided. In addition to sharing the Thanksgiving celebration, Mr. Marshall provided tremendous insight and guidance on a variety of fiscal is-

sues.

Our Holiday party was outstanding. The food, gifts and camaraderie were phenomenal. Who would have guessed the Commanding Officer could master Gangnam Style signature dance moves? Needless to say, I did my level-best to keep up. The QOL did a fantastic

"We continue to move forward with our strategic plan, establishing ourselves as the "go-to" agency for... all things public health."



HMCM (SW/FMF)
ROBERT E. SEARLES, II.
COMMAND MASTER CHIEF
NMCPHC

job showing our appreciation for all that the command does throughout the year. Thank you to the members of the QOL that made this wonderful event happen.

The Diversity committee upped the ante with their Hispanic appreciation. LT Rodriguez met the mark for the Hispanic Heritage celebration.

Our Health Promotions

(Continued on page 9)

NMCPHC Staff Judge Local Area School Science Fair.

NMCPHC PUBLIC AFFAIRS

PORTSMOUTH, Va.—The Navy and Marine Corps Public Health Center EpiData Center (EDC) and Health Analysis (HA) Departments provided twelve judges for the middle school science fair at Our Lady of Mt Carmel school in Newport News, Va., Nov. 8.

Dr. Chris Rennix, EpiData Center Department Head, is a volunteer for the school's Science Club and saw the opportunity as a way to advance the goals of the Naval Science, Technology, Engineering, and Math with middle school students.

The fair had more than 100 projects focused on the student's understanding of the scientific method on topics that ranged from the food biology to aviation physics to the chemistry of baking soda.

The judges, mostly newly graduates from various public health programs, were impressed with the scope of the projects and the student's efforts to put together their displays.



NEWPORT NEWS, Va.
— Mr. Kevin Aldrich, a member of the NMCPHC Epi Data Center & Health Analysis science fair judging team, gives his approval for one of many science and math projects entered in the middle school fair, Nov. 8. Photo by NMCPHC staff.

Navy Flight Surgeon Receives Award for Work in Aerospace Medicine

LT. SARAH GOODMAN, NEPMU2 PUBLIC AFFAIRS

NORFOLK, Va. — Lt. Cmdr. Eric Deussing, Navy Environmental Preventive Medicine Unit Two (NEPMU2) Preventive Medicine Officer and Navy Flight Surgeon is the 2012 recipient of the Ashton Graybiel Award for his research in Aerospace Medicine.

The award, given annually since 1991 to recognize outstanding contributions in medical literature in honor of Captain Ashton Graybiel, Medical Corps, USN, was presented to Deussing by Capt. Wesley Farr, Navy and Marine Corps Public Health Center (NMPCHC) Executive Officer in a ceremony held Sept. 21 at NEPMU2.

"The research was part of my Master's in Public Health thesis," said Deussing. "We had some positive outcomes, and I am honored to receive this award."

Recipients of this prestigious award have conducted or have been involved in an original research project and their papers published within the past year.

"LCDR Deussing's tour as a Flight Surgeon and his research demonstrate his commitment to the safety and readiness of our Navy and Marine Corps aviators," said Farr. "He is continuing his commitment to the safety and readiness of our Sailors and Marines as a Preventive Medicine Officer with NEPMU2."

Dr. Graybiel pioneered aviation medicine research and this award recognizes outstanding contributions to the medical literature by members of the Society of U.S. Naval Flight Surgeons in support of operational issues in Aerospace Medicine that have made a significant contribution with the promise of long-term im-

pact on the health and safety of aviation.

Deussing's article can be

***"...LCDR DEUSSING'S
TOUR AS A FLIGHT
SURGEON AND HIS
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HIS COMMITMENT TO THE
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AVIATORS."***

***-CAPT. WES FARR
NMCPHC***

found on the National Center for Biotechnology Information website at <http://www.ncbi.nlm.nih.gov/pubmed/21853855>.



NORFOLK, Va.— Lt. Cmdr. Eric Deussing, Navy Environmental Preventive Medicine Unit Two, receives the 2012 Ashton Graybiel Award for his research in Aerospace Medicine from Capt. Wesley Farr, Executive Officer, Navy and Marine Corps Public Health Center. Photo by Lt. Sarah Goodman, NEPMU-2 Public Affairs

For more information, visit us online at <http://www.med.navy.mil/sites/nmcphc/Pages/Home.aspx> or follow us on



Guatemala Environmental Health Site Assessment

LT. KARMENID MEDINA-ZAYAS, ENVIRONMENTAL HEALTH OFFICER, NEPMU-5

GUATEMALA—The Regional Training Command for Peacekeeping Operations (CREOMPAZ) headquartered in Coban, Guatemala provides peacekeeping training in support of Guatemalan, El Salvadoran, Nicaraguan, and Honduran military units.



GUATEMALA—Hospital Corpsman 1st Class (SW/AW/FMF) Youngquist inspecting the automatic chlorination system.
Photo by Lt. Medina-Zayas, NEPMU-5

Recently, CREOMPAZ hosted a training evolution to better prepare Guatemalan forces tasked with supporting United Nation peacekeeping missions in countries including the Democratic Republic of Congo and

Haiti.

Seabees from Naval Mobile Construction Battalion TWO SEVEN (NMCB 27) were tasked by U.S. Naval Forces Southern Command/4th Fleet to complete base construction and renovation projects on the CREOMPAZ military base in support of U.S. Southern Command's Global Peacekeeping Operations Initiative (GPOI).

On September 18, 2012, Lt. Karmenid Medina-Zayas and Hospital Corpsman 1st Class (SW/AW/FMF) Karl Youngquist from Navy Environmental and Preventive Medicine Unit FIVE San Diego, California travelled to Coban at the request of U.S. Naval Forces Southern Command to conduct an Occupational and Environmental Health Site Assessment (OEHSA) on the CREOMPAZ base to evaluate potential occupational safety and environmental health risks to NMCB 27 personnel.



Additionally, on-site assessments of three private hospitals in Guatemala City were conducted to evaluate each facility's ability to provide Level One medical care.

Petty Officer Youngquist remains attached to NMCB 27 providing medical support for the duration of the mission.



GUATEMALA.—Lt. Medina-Zayas, NEPMU-5, (right) assisted by Cpt Sierra from CREOMPAZ military base during a water supply assessment. *Photo by Hospital Corpsman 1st Class Karl Youngquist.*

NEPMU-6 Staff Assists USS Michael Murphy (DDG112) During Maiden Voyage

NEPMU-6 PUBLIC AFFAIRS

PEARL HARBOR, Hawaii – Four members of the Navy Environmental Preventive Medicine Unit Six (NEPMU-6) embarked with the USS Michael Murphy (DDG 112) as an initiative to reduce occupational hazards Nov. 12.

While underway, NEPMU-6 staff conducted a baseline industrial health survey that establishes a foundation for medical surveillance examinations and ensures compliance to safety and health exposure criteria. As part of this survey, the team interviewed representatives from each division, conducted workplace inspections, and verified proper operation of the ship's ventilation system.

Lt. Sarah Pope, NEPMU-6's first resident audiologist, provided an example of this specialized public health support through her work with Murphy's Hearing Conservation Program. The program is designed to prevent occupational hearing loss and assures auditory fitness for Department of Navy personnel. Her work included on-site training for the use of hearing protection devices as crewmembers qualified on the M16 and MK38 weapons systems.

"By providing training underway, Audiologists are able to bring greater awareness to the importance of hearing conservation and its role in the success of each mission," said Pope. "Being able to educate Sailors while deployed allows Audiologists to provide

training that easily translates to the Sailor's daily work environment instead of providing this service in a clinical setting."

The NEPMU-6 team included two preventive medicine technicians (PMTs). The PMTs provided vital assistance to these baseline survey efforts, and also augmented the ship's medical staff while underway providing additional patient care for the ship's crew.

"It was an honor being able to support the crew and ride onboard the newly commissioned ship," said Hospital Corpsman 1st Class Ericke Slaughter. "The crew

really takes pride in the USS Michael Murphy and just being able to be a part of that will be a memorable experience for me."

Murphy arrived at its homeport Nov. 21, allowing the NEPMU-6 team to disembark from the ship in time to celebrate Thanksgiving.

According to Lt. Cmdr. Nicolas Schnauffer, NEPMU-6 Industrial Hygiene Department Head, these engagements provide a comprehensive evaluation of the potential occupation exposures and hazards of personnel aboard (Navy ships like) USS Michael Murphy.

"This evaluation helps minimize injuries and (Continued on page 11)



USS MICHAEL MURPHY—Lt. Sarah Pope (left), Navy Environmental & Preventive Medicine Unit Six (NEPMU-6) takes noise measurements during M16 qualifications using a sound level meter as part of a baseline industrial hygiene survey while underway on USS Michael Murphy (DDG 112). Photo by Lt. Lyndsy Meyer.

NEPMU Two and NMCPHC Conduct Public Health Assessment at Camp Lemonnier

LT SARAH GOODMAN, NEPMU-2 PUBLIC AFFAIRS

CAMP LEMONNIER, Djibouti. – The Navy Environmental Preventive Medicine Unit Two (NEPMU-2) and the Navy and Marine Corps Public Health Center (NMCPHC) joined forces to conduct an Occupational and Environmental Health Site Assessment (OEHSA) at Camp Lemonnier, Djibouti, Africa, Nov. 8-20.

Public health professionals from NEPMU-2 and NMCPHC traveled to Camp Lemonnier to fulfill a Commander Naval Installation Command (CNIC) request for the assessment, in preparation for the camp's transition from an expeditionary facility to an enduring base.

The purpose of the OEHSA was to identify environmental conditions at Camp Lemonnier that could affect the health of military personnel who deploy there and provide recommendations to the Commanding Officer about methods to reduce any health risks.

According to Mr. Steve Sorgen, an environmental health scientist and the team's leader from NMCPHC, the OEHSA is an all-hazards assessment.

"We evaluate environmental conditions associated with current and past uses of a site as well as off-site sources of environmental contaminants," said Sorgen. "We determine when, where and how exposures to environmental stressors could occur and describe the exposure pathways associated with each

source."

"Each complete or potentially complete exposure pathway is further evaluated by environmental sampling to determine what, if any, health risk exists," said Ned Berg, NMCPHC industrial hygienist and team member. Disease vectors and workplace exposures are also included in the assessment.

"The most important part of the OEHSA was identifying and assessing any environmental and/or occupational stressors that could affect the health of deployed personnel," said Lt. j.g. Victor Camaya, NEPMU-2. "Area noise dosimetry was one of the parameters I assessed while there. It is important to identify areas where personnel should be wearing hearing protection."

Overall, the partnership led to an effective, thorough assessment. It was great to go with teammates like Steve Sorgen and Ned Berg," said Lt. j.g. Nii Adjei Oninku, NEPMU-2. "It was nice to have many people with different viewpoints, and to learn how to ask questions without being intrusive." The group was able to analyze all potential environmental and occupational hazards in under two weeks.

Team members included: Mr. Steve Sorgen (NMCPHC), Ned Berg (NMCPHC), Lt. Tony Hughes (NMCPHC), Lt. j.g. Nii Adjei Oninku (NEPMU-2), Lt. j.g. Victor Camaya (NEPMU-2) and Hospital Corpsman 1st Class Daniel Hosaka (NMCPHC).



CAMP LEMONNIER, Djibouti. — The Navy Public Health inspection team meets with the Reverse Osmosis Water Purification Unit (ROWPU) plant foreman to gather more info on water treatment processes during the Nov. 8-20 OEHSA.

Navy and Marine Corps Public Health Center Announces 2012 Sailor of the Year

NMCPHC PUBLIC AFFAIRS

PORTSMOUTH, Va. – The Navy and Marine Corps Public Health Center (NMCPHC) announced today the selection of its Sailor of the Year (SOY) for 2012.

Hospital Corpsman 1st Class Ceara Sazon, Leading Petty Officer for the Navy Environmental Preventive Medicine Unit Five (NEPMU-5), San Diego, was selected as the 2012 SOY from a field of candidates throughout NMCPHC's headquarters and nine field activities.

The candidates were interviewed by a panel of master chief petty officers from NMCPHC and Naval Medical Center Portsmouth.

According to Master Chief Hospital Corpsman Robert Searles, NMCPHC Command Master Chief, selecting the 2012 NMCPHC SOY was no easy task.

"Each of the candidates brought leadership and professionalism that reflected not only last year's achievements, but a career of solid accomplishment," said Searles.

Petty Officer Sazon will represent NMCPHC in the competition for the Bureau of Medicine and Surgery's Navy Medicine 2012 Sailor of the Year.

"We are very proud of HM1 Sazon as NMCPHC's selection for our Sailor of the Year," said Capt. Michael Macinski, NMCPHC Commanding Officer. "She was selected from a very competitive group of highly motivated sailors from our Command, which is a tribute to not only her technical

skills but her devotion to duty and leadership she shows every day."

As Leading Petty Officer (LPO), Petty Officer Sazon manages the daily operations of her department, ranging from administration to preventive medicine support for Fleet customers.

"What I find most rewarding in my job and in the Navy is to see the growth and development of Sailors," said Sazon. "I am highly motivated to pass on to Sailors the positive mentorship and traits I have learned from my mentors and leaders."

Senior Chief Hospital Corpsman Jesse Moreno, NEPMU-5 Senior Enlisted Leader, values the leadership and commitment to excellence that Petty Officer Sazon provides on a daily basis.

**"...WHAT I FIND MOST
REWARDING IN MY JOB AND IN
THE NAVY IS TO SEE GROWTH
AND DEVELOPMENT OF
SAILORS..."**

-HM1. CEARA SAZON
LEADING PETTY OFFICER
NEPMU-5

"There is a saying that goes, 'What a man believes determines how he lives, and how he lives reveals most clearly what he believes regardless of what he says!' What HM1 Sazon believes is demonstrated daily with the success of her Sailors and command," said Moreno. "It has been

exciting to watch her train the future of our Navy."

Sazon, who enlisted in 1993, also serves as the command career counselor and leader of the career development team. As such, she is directly responsible for the career development of 41 enlisted Sailors, working daily to increase professional knowledge of all unit personnel by conducting career enhancing courses and offering opportunities to further Sailor's goals. *(Continued on page 12)*



SAN DIEGO, Calif.— HM1 Ceara Sazon participates in NEPMU-5's Forward Deployable Preventive Medicine Unit (FDPMU) Operational Readiness Exam (ORE). Photo by NEPMU-5 Public Affairs.

... From the CO's Desk

(Continued from page 4) ready to meet the future head on, with solutions, innovation, and dedication to service. The Public Health and Preventive Medicine professionals of NMCPHC are needed more than ever in a cost conscious environment. The old saying of "an ounce of prevention is worth a pound of cure" still hold true today. We are that "ounce of Prevention". CO Sends

CMC Corner

(Continued from page 3) committee had an outstanding turn out for the annual health survey. We are well on our way to a "Blue H" award. The committee chair, Mrs. Sally Vickers, commemorated the success with a basket give-away. I have to again thank all of the members of each of our committees. They make this command interesting, as you anticipate what they will do next. I have to mention the Holiday door decorations because we have not seen to date such creativity, team spirit and command involvement. Training, Population Health and OEM took the trophies (we had to create new ones). Each department showed a great effort to make this the best event of its kind ever.

Finally, "Congratulations" to HM1 Hosaka our command Sailor of the Year. HM1 Sazon of NEPMU 5 earned the honor of the NMCPHC enterprise Sailor of the Year. HMC Lindsay was selected for the In-service Procurement Program and will leave us in August to go to school full-time for two years. Once his Masters degree is complete he becomes LTJG Lindsay. The sky is the limit and one day a very mature "Captain Lindsay" may be the Commanding Officer of NMCPHC. Congratulations to all our Officers who have been promoted to the next rank during the past year. Well done!

In the coming days as we end this most lucrative year, be safe and have fun with your families. Recharge your batteries and come back ready to make the next year as memorable as the last.

"Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it." - Ralph Marston

Navy and Marine Corps Public Health Center Launches Campaign to Promote Health and Wellness

(Continued from front page) sustaining their ability to carry out missions.

"Health prevention programs save money in the long term," according to Dr. Warren Lockette, Deputy Assistant Secretary of Defense for Clinical and Program Policy and Chief Medical Officer of the TRICARE Management Activity. "If applied consistently [health promotion programs] will save money for our Sailors and Marines as well as their families."

The campaign aligns with the National Prevention Strategy, published in June 2011, which presented a vision, goals, recommendations, and action items to reduce preventable death, disease, and disability in the United States.

Vice Admiral Regina Benjamin, United States Surgeon General, encouraged Sailors and Marines to "find their health care joy" whether that is running a marathon, fitting into an old pair of jeans or playing with grandchildren. "Heath does not occur in the doctor's office, it happens where we live and where we play," said Benjamin.

The HPW campaign and seven sub-campaigns provide platforms to reach and educate target audiences on priority health areas and available resources, tools, and programs. Most importantly, these prevention strategies aim to increase the fitness and readiness of the Navy and Marine Corps forces.

To access and download campaign materials, visit the Healthy Living page on the Navy and Marine Corps Public Health Center website, http://www.nmcphc.med.navy.mil/Healthy_Living/. Campaign materials include toolkits, brochures, and information for both public health professionals and beneficiaries.

"WE WANT SAILORS AND MARINES TO FEEL EMPOWERED AND INFORMED TO MAKE HEALTHY CHOICES TO IMPROVE THE OVERALL READINESS OF OUR FORCE AND THEIR FAMILIES."

-RADM MITTELMAN

**U.S. NAVY DEPUTY SURGEON
GENERAL**



USS BATAAN.—Vice Adm. Regina Benjamin, United States Surgeon General discusses the benefits of healthy living, while Rear Adm. Michael Mittelman, U.S. Navy Deputy Surgeon General and Deputy Chief BUMED looks on, at the Health Promotion and Wellness launch event onboard USS BATAAN (LHD 5), Oct. 3. Photo by USS BATAAN Public Affairs

NEPMU-6 Staff Assists USS Michael Murphy (DDG112) During Maiden Voyage

(Continued from page 6) occupational diseases which keep sailors healthy and ready to complete our nation's worldwide missions,” said Schnauffer.

The Arleigh Burke Class-class guided missile destroyer was named in honor of Lt. (SEAL) Michael P. Murphy, who was posthumously award the Medal of Honor for his heroic actions during Operation Red Wing in Afghanistan in 2005.

USS Michael Murphy was commissioned in Manhattan on October 6, before continuing to San Diego, where NEPMU-6 staff met and accompanied the ship during the final leg of its maiden voyage to its homeport of Joint Base Pearl Harbor-Hickam.

NEPMU-6, an echelon four field activity of the Navy and Marine Corps Public Health Center (NMCPHC), Portsmouth, Va., supports operational forces in the Pacific Theater by providing specialized public health services that enhance force health protection.

For more information about NEPMU-6 visit their website at: <http://www.med.navy.mil/sites/nmcphc/nepmu-6/Pages/>

*“By providing
training underway,
Audiologists are
able to bring*

*—LT. SARAH POPE
NEPMU-6 AUDIOLOGIST*



USS MICHAEL MURPHY—(L to R) Hospital Corpsman 1st Class Ericke Slaughter, Lt. Lyndsy Meyer, Lt. Sarah Pope, and Hospital Corpsman 2nd Class Ryan Licup of the Navy Environmental & Preventive Medicine Unit-Six (NEPMU-6) assess potential occupational hazards while underway onboard USS Michael Murphy (DDG 112). Photo by Lt. Sarah Pope.

Navy Drug Screening Lab CFC Donations “Off the Charts”

LT CHRIS COETZER NDSL-SD PUBLIC AFFAIRS

SAN DIEGO, Calif.— The Navy Drug Screening Laboratory (NDSL) San Diego announced today a command “best-ever” Combined Federal Campaign (CFC) donation total for 2012.

NDSL staff members donated generously to the charities of their choice with total contributions of \$14,005.

Overall donations exceeded the 2012 goal of \$10,765 by \$3,240 and established a new record for NDSL San Diego.

The kick-off event to this successful 2012 CFC fundraising effort included presentations by members of two local charities, Make-A-Wish Foundation of San Diego and Paws'itive Teams - Service Dogs for San Diegans.

Cmdr. Lisa Kennemur, Commanding Officer NDSL San Diego expressed high praise and gratitude for her staff's generosity.

“This is really an awesome accomplishment for a great cause,” said Kennemur. “I'm very proud of our command's generosity; we will have a new record to shoot for next year.”

According to Mr. Charlie Carey, Director CFC, supporting charities is much more than getting a good feeling at the holiday time.

“Every one of us will use a charity during our lifetime,” said Carey. “Charities provide real programs and services that help us, help our families, and support making our neighborhoods and commu-

nities better places to live.”

“Your pledge makes more of a difference than you can imagine,” said Ms. Carol Davis, Co-founder and Service Dog Program Director Paws'itive Teams.

The CFC was designed and is currently run by federal employees ensuring a safe, convenient and simple way to support any of the more than 2,500 charities listed world-wide.

Each charity is carefully screened so every donor knows that their donation will go directly to support program services, not overhead.

For more information about the CFC, visit <http://www.socalcfc.org>.

***“CHARITIES PROVIDE REAL
PROGRAMS AND SERVICES
THAT HELP US, HELP OUR
FAMILIES, AND SUPPORT
MAKING OUR
NEIGHBORHOODS AND
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PLACE TO LIVE”***

***-MR. CHARLIE CAREY, DIRECTOR
COMBINED FEDERAL CAMPAIGN***

Navy and Marine Corps Public Health Center Announces 2012 Sailor of the Year

(Continued from page 8)

According to Cmdr. Jason Spillman, NEPMU-5 Officer-in-Charge, Petty Officer Sazon clearly demonstrates “ship, shipmate, and self”.

“She understands her role in this formula,” said Spillman. “She is dedicated to the mission, always encourages her shipmates to go above and beyond what they think they are capable of, and she sets the highest standards for herself and sets an example for others to emulate.”

Sazon plans to request sea duty following the completion of her tour with NEPMU-5 in November 2014.

“We see great things to come for Petty Officer Sazon,” said Searles.
